

Savor seafood

Jerry says: Visit a local market and pick up a few halibut fillets

By Jerry Marlowe
Special to The T-R

Hello kind readers who tolerate my ongoing attempts to lure you into my seafood world. Please don't tell my wife, but I have always had an ongoing love affair with halibut. Plus we at least can find it locally in our markets. The grocery store fishmongers do assure me it comes in fresh even now.

So round up four 6 ounce Halibut fillets, 1 tbs herbes de Provence or make your own with all dried or fresh oregano, thyme, rosemary, marjoram, and parsley, ¼ cup extra virgin olive oil, ¼ cup soy sauce, ½ tsp fresh ground black pepper, ¼ cup unsalted butter and four lemon wedges. Now rub the halibut on both sides with those herbs, olive oil, soy sauce and pepper. And away we go.

Work in batches using two large saute' pans, placing them over medium high heat. When hot, add the butter. When the butter begins to brown, add the fish curved side down. Pan fry for 1 minute, until lightly browned. Now turn the fish over and pan fry for 1 minute, until the second side is lightly browned. Cover the pan and decrease the heat to low. Cook for about 5 minutes until the fish just begins to flake when prodded with a fork. Now squeeze the lemon wedges over



MARLOWE

the fish and serve at once.

Now in deference to my great Greek friend Socrates Space you might also try this recipe. It's called appropriately Greek Roasted Halibut. Here we go.

In a bowl combine ½

cup pitted and chopped black olives, kernels from two ears of corn, ½ cup each of roasted red bell pepper and fresh cilantro or parsley, ¼ cup good olive oil, 2 tbs fresh lemon zest, 2 tbs minced fresh garlic, 2 tsp fresh oregano or dried will work, ½ tsp salt, ½ tsp freshly ground black pepper.

Round up four 6 ounce halibut fillets or steaks. Place the fish flat side down in a baking dish. Coat the sides and top of the fish with the marinade. You can keep it covered and refrigerated up to four hours before using.

Now preheat the oven to 400 degrees. Place that wonderful fish in the oven and roast it for about 12 minutes, until it just begins to flake when you prod it with a fork. Now transfer it to dinner plates and serve at once. Please let me know if you enjoy these recipes next time I stumble into you. Enjoy.